SHIRIKISHO LA SAMMA DUNIANI

WSF

GENEVA

samma

martial art

AFYA WORLD samma ACADEMY ELIMU MICHEZO

"tyre fitted with chain does not easily get mud-stuck"

~Samma Author

PREFACE

Samma is a modern hybrid martial art (from Eastern Africa) with its own training curriculum (cheni 6) and a distinctive sparring method that combines the 3 ranges of man to man combat, that is; strike by an extension/stick, strike by limb (elbow, fist, knee and foot) and finally grappling.

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(Yellow Belt to Shahada 9)

In the memory of the grapplers from ancient Nubia, kickers from Quilombos and all other experts of the sporty past.

DEDICATION:
To all souls that refuse to remain weak after the doubts are cleared.

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SAMMA FITNESS ROUTINES

WARM UPS:

- Skips and jumps.
- Whipping the arms.
- Backward bending of spine.

FLEXING:

- Hips.
- Shoulders.
- Spine.

SHIRIKISHO LA SAMMA DUNIANI

TOUGHENING AND PAIN MANAGEMENT:

- Head.
- Throat.
- Arms.
- Hands.
- Belly.
- Legs.
- Feet.

SPEEDWORK AND TARGETING:

Ground, stand up and aerial combos.
Offensive and defensive drills with partner(s).

WEIGHTS TRAINING:

Not recommended for the underweight people.

NUTRITION AND LIFESTYLE:

Observe the proper and balanced diets and also choose a positive living lifestyle.

KIPIGO 1

INTRODUCTION:

Under the ***mazoezi*** (samma fitness routines) there is a topic on speedwork and targeting and subtopic on standup combos. ***Kipigo 1*** is a fair example of the offensive standup combos in the samma martial art. Though NOT a part of exam/grading requirements, it can tell something about the person doing it.

COUNT	ACTION	DETAILS
	Place your left foot forward	Raised rear heel stance
1	Head butt/strike	Feet dragging forward, palms at X position and moving towards your head
2	Left inward elbow strike	Elbow (and toes) turning towards 6 o'clock
3	Right inward elbow strike	Elbow (and toes) turning towards 9 o'clock
4	Left knee strike	Hands at grip position and moving towards your waist, upper body slightly bent backward
5	Right knee strike	Hands at grip position and moving towards your waist, upper body slightly bent backward. Return the foot to the rear after work.
6	Left uppercut	Toes turning towards 6 o'clock, rear hand at face shield position
7	Right cross punch	Toes turning towards 9 o'clock
8	Left front punch	All 3 strikes at single vertical jump
9	Right reverse punch	
10	Left front punch	
11	Left ball kick	All 3 strikes with one foot (single launch) then land the foot to the natural stance
12	Left back kick	
13	Left side kick	
14	Right outward crescent kick	From 12 o'clock to 3 o'clock
15	Left inward crescent kick	From 12 o'clock to 6 o'clock (launching can start before the landing of foot in the end of count 14)
16	Right front hook kick	Tilt the upper body backward for a higher kicking then land the foot to 6 o'clock
17	Left roundhouse kick	Towards 12 o'clock (single launch till 20 count). Launching can start before the landing of foot in the end of count 16.
18	Left roundhouse kick	Towards 3 o'clock (each of these roundhouse kicks can be executed simultaneously with a left back fist)
19	Left roundhouse kick	Towards 6 o'clock
20	Left round house kick	Towards 9 o'clock then finish by landing the foot at 12 o'clock.
Place the right foot forward and repeat the above 20 counts by interchanging left with right and clockwise with anticlockwise, respectively.		

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SAMMA NI SANAA YA KUJITETEA KUTOKA KENYA

WORLD SAMMA FEDERATION

SYLLABUS FOR YELLOW BELT LEVEL

Welcome to our organization where we are committed to your progress. Let your samma instructor teach you our salutations and other communication signs before you move on to this syllabus. The journey has just started. Don't limit yourself. Make it to the TOP. Have a great martial art Journey.

SAMMA TERMINOLOGY (PARTIAL)

Msamma (samma practitioner)
Wasamma (samma practitioners)
Karibu (welcome)
Kwaheri (bye)
Njoo (come)
Nenda (go)
Tena (again)
Rudi (return)
Simama (stand)
Keti (sit)
Geuka (turn)
Tayari (ready)
Anza (start)
Maliza (finish)
Ingia (enter)
Ondoka (exit)
Sawa (fine)

Mbaya (bad)
Hepa (evade)
Anguka (fall)
Gani (which)
Ngapi (how many)
Cheza (play)
Asante (thanks)
Heshima (respect)
Hekima (wisdom)
Nidhamu (discipline)
Chonjo (on-guard)
Kinga (block)
Endelea (continue)
Ngumi (fist)
Guu (foot)
Mkono (arm)
Goti (knee)

Suku (elbow)
Teke (kick)
Piga (strike)
Fanya (do)
Acha (stop)
Pigana (spar)
Juu (up)
Chini (down)
Nje (out)
Ndani (in)
Songa (move)
Mbele (front)
Nyuma (back)
La (no)
Ndiyo (yes)
Kimya (silence)
Funga (close)
Fungua (open)
Ukumbi (hall)

Sare (uniform)
Mkanda (belt)
Mwanafunzi (student)
Mwalimu (teacher)
Gwiji (master)
Tabibu (doctor)
Mkuu (org' head)
Kiongozi (leader)
Mdogo (junior)
Mkubwa (senior)
Mtoto (kid)
Kijana (youth)
Mzee (old)
Nyonga (choke)
Fagia (sweep)
Rusha (throw)
Panda (mount)

Sufuri (0)
Moja (1)
Mbili (2)
Tatu (3)
Nne (4)
Tano (5)
Sita (6)
Saba (7)
Nane (8)
Tisa (9)
Kumi (10)
Ishirini (20)
Thelathini (30)
Arobaini (40)
Hamsini (50)
Mia (100)

STANCES

Attention stance
Natural stance
Horse riding stance
Raised rear heel stance
Forward leaning stance
Back leaning stance
Cat stance
Raised knee stance
Cross stance
Kneeling positions (one knee, both knees).

STEPPING (each done in the forward and reverse motion)

Stepping through
Dragging/jumping
Crossing over

PRIMARY KICKS (use the front foot)

Ball kick
Outward crescent kick
Inward crescent kick
Side kick
Roundhouse kick
Hook/whip kick
Back kick

OPEN HAND STRIKES (with each hand)

Chops
Slaps (back & front hand)
Pokes
Claws
Palm heel
Ridge hand

PUNCHES

Front punch
Rear/reverse punch

(circular, linear & back fist variations for each)

EVASION

Left
Right
Down
Up
Back

BLOCKS (with each hand)

Inward block
Outward block
Upward block
Downward block

SAFETY FALLS

Face fall
Back fall
Side fall

NOTE:
Evasion, blocks and falls are tested by attacks they corresponds to, during samma exam.
Oral questions about samma are included during testing.
In respect to its contents, this syllabus is also known as "THE PASSWORD OF HAND TO HAND COMBAT".

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SYLLABUS FOR ORANGE BELT LEVEL

ADVANCED PUNCHING

- Front punch and reverse punch
- Uppercut (front and rear)
- Cross punch (front and rear)
- Hammer fist (downward, inward, outward, inverted/upward)
- Dropping punch (front and rear)
- Ridge punch (front and rear)
- Under punch (front and rear)
- Back knuckle (front, rear and spinning)
- Rotating punch (front and rear)
- Knuckle punch (front and rear)

10 seconds samma punching combo (creative)

ADVANCED KICKING

- Ball kick (front, rear and spin)
- Falling kick (front, rear and spin)
- Outward crescent kick (front, rear and spin)
- Inward crescent kick (front, rear and spin)
- Side kick (front, rear and spin)
- Roundhouse kick (front, rear and spin)
- Hook/whip kick (front, rear and spin)
- Back kick (front, rear and spin)

10 seconds samma kicking combo (creative)

ELBOW AND KNEE STRIKES

- ELBOW: Front and rear (outward, inward, upward, downward, upward inverted and downward inverted)
- KNEE: Front and rear (forward, inward and outward)

ROLLING

- Front
- Back
- Sides

CHENI 1

(Step in left foot first then fungua pattern).

From the natural stance (right hand on left palm) step the right foot to 3 o'clock > right elbow strike to the rear and extend to a back knuckle > back kick to rear > face forward > left upward elbow strike extend to a downward back fist > both hands clinch with left knee strike, extend to a ball kick > rear inward elbow strike extends to an outward hammer fist > both hands clinch with a right jumping knee strike, extend to a side kick > withdraw to a cross stance > cross out with left elbow strike to the rear and extend to a back knuckle > back kick to rear > face forward > right upward elbow strike extend to a downward back fist > both hands clinch with right knee strike, extend to a ball kick > rear inward elbow strike extends to an outward hammer fist > both hands clinch with a left jumping knee strike, extend to a side kick > withdraw to a cross stance with a double upward blocks > cross out to a full horse stance with double downward blocks > double inward blocks > double outward blocks > samma tamati pattern.

ADVANCED BLOCKS, CHECKS AND PARRIES

- Extended outward block
- Rear upward block
- Ridge hand block (reverse downward block)
- Triceps block
- Cover blocks (45° 90° variants)
- Hand/foot checks (Inward, outward, upward, downward and front)
- Knee checks
- Inward parry
- Outward parry

NOTE:

- Blocks, checks and parries are tested by attacks they corresponds to, during samma exam.
- Rolling is the advancement of the falls.
- Fungua pattern is the sign in pattern.
- Knee checks uses the sides of knee to deflect the strike.
- Oral questions about samma are included during testing.
- In respect to its contents, this syllabus is also known as "THE COMPREHENSIVE STRIKING METHODS".

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CHENI 1

COUNT	ACTION(S)	SOUND
	Step in left foot first then fungua (sign in pattern)	
1	From the natural stance step the right foot to 3 o'clock (all your toes facing 9 o'clock) right elbow strike to the rear	hiss
2	extend it to a back knuckle	hiss
3	right back kick to rear	yell
4	face forward with left upward elbow strike	hiss
5	extend to a downward back fist	hiss
6	both hands clinch with left knee strike	hiss
7	extend to a ball kick	hiss
8	rear inward elbow strike	hiss
9	extends to an outward hammer fist	hiss
10	both hands clinch with a right jumping knee strike	hiss
11	extend to a side kick	yell
	withdraw to a cross stance	
12	cross out with left elbow strike to the rear	hiss
13	extend it to a back knuckle	hiss
14	left back kick to rear	yell
15	face forward with right upward elbow strike	hiss
16	extend to a downward back fist	hiss
17	both hands clinch with right knee strike	hiss
18	extend to a ball kick	hiss
19	rear inward elbow strike	hiss
20	extends to an outward hammer fist	hiss
21	both hands clinch with a left jumping knee strike	hiss
22	extend to a side kick	yell
23	withdraw to a cross stance with a double upward blocks	hiss
24	cross out to a full horse stance with double downward blocks	hiss
25	double inward blocks	hiss
26	double outward blocks	hiss
	tamati pattern.	YELL

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SYLLABUS FOR RED BELT LEVEL

LOCKS	CHOKES	SWEEPS	THROWS
Wrist	Front	Forward	Head/neck
Elbow	Rear	Backward	Arm(s)
Shoulder	Side	Inward	Body
Leg	-	Outward	Leg(s)
Small joints	-	-	-

NOTE: Attempt each of the above when standing, kneeling, and when lying on the ground.

GROUND POSITIONS

MOUNTS:

FULL MOUNT	BACK MOUNT	SIDE MOUNT
• *Attacks*	• *Attacks*	• *Attacks*
• *Defense*	• *Defense*	• *Defense*
• *Escapes*	• *Escapes*	• *Escapes*

GUARDS:

OPEN GUARD	HALF GUARD	CLOSED GUARD
• *Attacks*	• *Attacks*	• *Attacks*
• *Defense*	• *Defense*	• *Defense*
• *Escapes*	• *Escapes*	• *Escapes*

HINT: Learn each of the 6 standard ground positions, their variations and derivatives.

PRACTICALS: Five minutes grappling with seniors.

CHENI 2

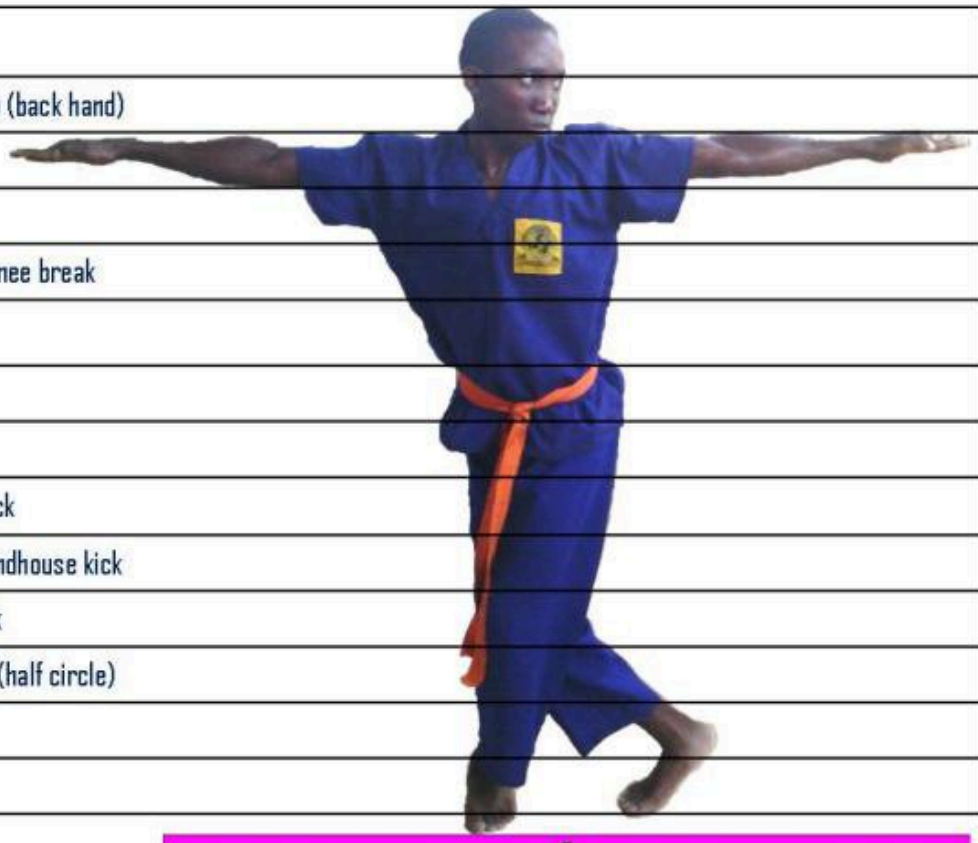
(Step in left foot first then fungua pattern).

From the natural stance (right hand on left palm) step the right foot to 3 o'clock > right elbow strike to the rear and extend to a back knuckle > right back kick to rear > face forward > left upward elbow strike extend to a downward back fist > both hands clinch with left knee strike, extend to a ball kick > rear inward elbow strike extends to an outward hammer fist > both hands clinch with a right jumping knee strike, extend to a side kick > withdraw to a cross stance > cross out with left elbow strike to the rear and extend to a back knuckle > left back kick to rear > face forward > right upward elbow strike extend to a downward back fist > both hands clinch with right knee strike, extend to a ball kick > rear inward elbow strike extends to an outward hammer fist > both hands clinch with a left jumping knee strike, extend to a side kick > withdraw to a cross stance with a double upward blocks > cross out to a full horse stance with double downward blocks > double inward blocks > double outward blocks > turn to 3 o'clock > right and left slaps (back hand) > cross stance > cross out with right left right slaps > right grab with a front knee break > rear knee break > hidden knee break > spinning knee break > front low, high, roundhouse kick to hook kick > right spinning hook kick (half circle) > face 9 o'clock. Left and right slaps (back hand) > cross stance > cross out with left right left slaps > left grab with a front knee break > rear knee break > hidden knee break > spinning knee break > front low, high, roundhouse kick to hook kick > left spinning hook kick (half circle) > step left foot to 3 o'clock (cross stance) with arms outstretched > cross out to the samma tamati pattern.

NOTE: In respect to its contents, this syllabus is also known as "THE PRINCIPLES AND CONCEPTS OF GRAPPLING".

CHENI 2

COUNT	ACTION(S)	SOUND
	Step in left foot first then fungua (sign in pattern)	
1	Perform cheni 1 pattern from 1st to the 26th count and then progress smoothly as stated below	
27	turn to 3 o'clock with a right slap (back hand)	hiss
28	left slap (back hand)	hiss
	cross stance	
29	cross out with right slap (back hand)	hiss
30	left slap (back hand)	hiss
31	right slap (back hand)	hiss
32	right grab with a front knee break	hiss
33	rear knee break	hiss
34	hidden knee break	hiss
35	spinning knee break	yell
36	front low roundhouse kick	hiss
37	extend to front high roundhouse kick	hiss
38	extend to front hook kick	hiss
39	right spinning hook kick (half circle)	yell
	face 9 o'clock.	
40	left slap (back hand)	hiss
41	right slap (back hand)	hiss
	cross stance	
42	cross out with left slap (back hand)	hiss
43	right slap (back hand)	hiss
44	left slap (back hand)	hiss
45	left grab with a front knee break	hiss
46	rear knee break	hiss
47	hidden knee break	hiss
48	spinning knee break	yell
49	front low roundhouse kick	hiss
50	extend to front high roundhouse kick	hiss
51	extend to front hook kick	hiss
52	left spinning hook kick (half circle)	yell
	step the left foot to 3 o'clock (cross stance) with arms outstretched	
	cross out to the tamati pattern.	YELL



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SYLLABUS FOR PURPLE BELT LEVEL

KISASI CHA PAKA / REVENGING CAT (Attempted falling hammerfist to the face) right foot steps back with left upward block > left dropping punch to the ribs > claw to face with your right hand > left knee break > fighting stance.

TUZO LA MDUNGA / GIFT FOR A POKER(Attempted finger poke to the eyes) outward block > extend to a back hand slap to face > reverse punch to groin > front hook kick to any available target > fighting stance.

KONDE LA VURUGU / DISRUPTING MACE (Attempted reverse punch to the lower abdomen without a step through) downward block > uppercut to the chin with rear hand > front hammerfist to the groin as you step forward to a cross stance > grab the opponent's shoulder > cross out with a dropping punch to the face > release arm while executing a knee break > fighting stance.

NYUNDO CHELEWA / DELAYED HAMMER (Right jab to the face) step left foot forward to 11 o'clock with a left inward parry > right reverse punch to the ribs > left outward hammerfist to the face > grab upper body and opponent's right arm > left leg inward sweep to takedown > knee to body with reverse punch > fighting stance.

UPANGA GIZA / INVISIBLE SWORD (Attempted right punch to face) step left foot back > right inward block > right chop to the temple > left reverse punch to the ribs> right hand grab head > left elbow strike to temple > check with both hands as right ball kick to the groin > step back to fighting stance.

PANGUZA TAA / WIPING THE BULB (Attempted right punch to face) step left foot back > right inward block > flick to the eyes > left forearm strike to opponent left ribs > left inward sweep with a right slap at face > cross out > knee break > fighting stance.

ZIMA TAA / SWITCHING OFF THE LIGHTS (Attempted right punch to face) step left foot back > right inward block > poke to eyes > grab shoulder and pull down > right knee strike to the ribs > left hammer fist to neck > left foot scoop to the groin > left backward sweep with a body compress to takedown > fighting stance.

BAWA ZA KIFO / WINGS OF DEATH (Against two hands grab) arms up as you take a big step forward > trap opponent's arms > rear leg stomp at big toe > upward elbow strike to the face > inverted foot scoop to the groin > hold arms up > side kick to the body > release and step back to fighting stance.

ANGUSHA FARASI / DOWNING THE HORSE (Attempted right rear round house kick to head) right inward parry, left trap the leg > under punch to the groin > ankle lock > pull to force opponent down > left kick to the head > fighting stance.

KAIDA YA KUDONA / PECKING ORDER (Attempted right punch to face) swing to the right > left outward parry with a right poke to throat > right grab opponent shoulder > left hammer fist to groin > both hands slaps at ears > grab arms and trip leg to take down > step back to fighting stance.

ONDOA KIGARI / EXIT THE TROLLEY (Attempted right hand strike to the face with a step through) swing out and evade towards the opponent's blind zone > bear hug from behind > press head down with palm to prevent a head butt counter attack > drive the opponent out > push away.

FOUR PATHS SAMMA STICKS DEFENCE PATTERN (on ground, kneeling and standing).

BAKORA 1: (Attempted up in stick strike) up in staff block, extend to strike forearm, to temple, to front knee, then finish with circular strike to the neck.
BAKORA 2: (Attempted up out stick strike) up out staff block, extend cross strike to nose, then half circle to front knee, continue with upward strike to the opponent's lower jaw .
BAKORA 3: (Attempted down in stick strike) down in staff block, reverse motion to strike front knee, then butt the lower body, finish with strike to the head.
BAKORA 4: (Attempted down out stick strike) down out staff block, then butt ribs, finish with other circular strikes to the upper body.

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SAMMA PIGANO (SPARRING)

VIFAA (TOOLS):

- 2 bakora (staffs) of equal sizes. 90cm is the standard length.
- At least two pairs of MMA gloves.
- At least two headgears.
- Medani (ring) with safe surface.
- Stopwatch.
- Whistle.

OFFICIATING:

- Refa (referee).
- Points recorder(s).
- Time keeper.

MECHI (MATCHES):

- First third time of the match is bakora fight.
- Second third time is striking (elbows, fists, knees and kicks).
- Final third time is grappling.

ALAMA (POINTS):

- One point for 2 simultaneous strikes.
- Two points for 3 (or more) simultaneous strikes.
- One point for a successful takedown.
- One point for transition (on the ground) to a dominant position.
- One point for submission.

VOICE PROMPTS:

- Ingia medani (get into the ring).
- Heshima kwa refa (respect to the referee).
- Heshima kwa mwenza (respect to the partner).
- Kaa chonjo (get on-guard), cheza (play), acha (stop), onyo (warning), giza (unclear/faulty).
- Rudi kwako (return to the starting position).
- Alama moja/mbili upande huu (one/two points to this side).
- Mshindi ni (the winner is).
- Toka medani (exit from the ring).

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SYLLABUS FOR GREEN BELT LEVEL

ZAWADI YA MNYONGA / PRESENT FOR CHOKER (for rear naked choke) Squeeze in the fingers to grab and pull downward the choking arm to loosen the grip > hang down > strong elbow strike to the groin > wrist lock > poke eyes with opponent's fingers > right ball kick to groin > twist wrist takedown > step to the opponent's chest > snatch arm > kick any available targets > fighting stance.

VUNJA JELA / JAILBREAK (for armbar attempt) Counter grab your grabbed hand using your free hand as you bring your feet over your head as an attempted back roll > whip them over so to rise yourself and to turn your opponent over > pull out your arm to release > back mount > pull head and neck break.

PASUA MIFEREJI / RIPPING THE PIPING (for side headlock) Swing in with kidney groin combo hand strikes > rise body by forearm neck push > pinch the windpipe and rip > grab and pull groin > rear leg takedown > knee to opponent abdomen > multiple strikes to any worthy target > step out > fighting stance.

KOMESHA FARASI MWITU / TAMING THE WILD HORSE (for roundhouse kick) Lean back with "brick wall blocks" as you step left leg to 3 o'clock and execute a strong reverse foot scoop to the groin > move in and execute a rear naked choke > swing the opponent to the left > left rip nose and eyes > right reverse foot scoop > fighting stance.

SALUTI YA GHAFLA / SUDDEN SALUTE (for attempted right punch to face) Right inward block and left outward check with grab > right palm strike to nose > left hammer fist to the groin > clinch head and pull it > knee to face > reverse foot scoop to the groin > fighting stance.

TENGANISHA MATAWI / PARTING THE TWIGS (for attempted both hands grab) Part opponent arms and grab at elbow joints > head butt to nose > right leg ball kick to the groin > move in and right armpit lock > left elbow strike to face > extend the arm to reverse headlock > knee to solar plexus and left elbow strike to the spine > backward sweep takedown > cross body with right leg as left knee strike lower abdomen cross over and right kick the opponent head > fighting stance.

FENI HATARI / FATAL FANS (for wild right punch to face) Step left foot to 10 o'clock > left inward parry and extends it to downward check > right slap to opponent face > left forearm strike to opponent's kidney > left stomp at opponents knee joint > left reverse punch to the spine > neck break > fighting stance.

SAGA NYENJE / CRUSHING THE CRICKET (for the left hand grab of chest then attempted right hand punch to face) Right counter grab at opponent wrist > left front check then extend to a ridge hand takedown > arm lock and knees to head and ribs.

NGAO KWA SOKWE KICHAA / SHIELDS FOR A MAD CHIMP (for attempted close range right left jabs to the face) Right angled cover blocks > hug and compress the opponent > knee to head > back foot scoop to the groin > grab and rear leg takedown > grab both hands lift up to bang face to floor > kick to medulla > break arms as you step out > fighting stance.

LIPUKO KUU / BIG BANG THEORY (for right left punch combination) Right inward block > left hand grab the opponent's right arm as right progress to execute an outward block > right back hand slap to nose and grab the right arm for a reverse mule takedown > right kick to groin and the head > break arm between thighs.

SALIMU AMRI HATARI / DEADLY SURRENDER (for attempted trunk grab) Raise hands > grab shoulders > knee strike > takedown > (opponent tries to grab) right punch face > knee to ribs > break neck.

MVUNA MIWA / SUGARCANE HARVESTER (for a sudden horizontal club attack without a step through) Step left foot to 3 o'clock with extended left outward check > grab the opponent hand with your left hand > right hand chop to arm followed back knuckle to face > drop your right hand to hammer fist the opponent groin and follow with inverted elbow strike to the chin > break fingers of the grabbed arm > step right leg back > left side kick to available target > fighting stance.

Thirty minutes continuous sparring (preferably with 3 seniors, 10 minutes each).

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SYLLABUS FOR BLUE BELT LEVEL

TABU TATU / TRIPLE TROUBLE (left jab, right punch and right ball kick) step your left foot back as you drag backward while executing a right angled vertical cover block > as the opponent throws a right punch you stop it with a left upward check and grab it > as the opponent throw a low ball kick lift up your right knee to neutralize it > right punch to face and drop it to strike the solar plexus > right elbow to opponent's ribs > pull your right ridge hand strike to opponent stalled elbow joint > left foot scoop the groin > left side kick as you release arm > fighting stance.

MALANGO YA CHUMA / GATES OF STEEL (sudden right roundhouse kick) rise your left knee up as you executes a left 45° vertical cover block > drag in and grab the opponent shoulder with your left hand as you sting with power right uppercut > grab the other shoulder then executes a jumping right knee strike > right elbow strike to the head > left knee break followed by hook kick > release opponent and step back to a fighting stance.

UFUNGUO WA MBELE / FRONT UNLOCK CODE (double wrist grip from front) twist hands to unlock the grip and counter grab the opponents hands same way > strong front ball kick to the groin > quickly cross the opponent arms and swing to takedown > step out to fighting stance.

UFUNGUO WA NYUMA / BACK UNLOCK CODE (double wrist grip from behind) hold the left hand with your left > rise your right arm as you wheels counter clockwise thus twisting the opponent right wrist > upward wrist lock > kicks to the available targets > takedown > fighting stance.

FUNGA MVAMIZI / JAILING THE INTRUDER (rear bear hug at chest) grab the opponent collar at biceps > go down on one knee and swing your shoulder as you pull down to takedown > armbar >short kicks to worthy targets > break arm >rise up > fighting stance.

KOMESHA MVAMIZI / TAMING THE INTRUDER (rear bear hug at waist) use the left hand grab the opponent right hand and press into position > right elbow strike at temple > lean forward and grip the ankle with both hands > pull to takedown > kick to groin > release > step out to fighting stance.

SAGA TAWI / CRUSHING THE TWIG (one arm chest grip and attempted right punch to face) counter grab with your left hand as right inward parry the punch > move your free arm downward to execute an armpit lock > back kick to worthy target > right knee to ground > break arm > release and follow with a kick > step out to fighting stance.

LALISHA BEBERU / RESTING A RAM (any empty hand strike with right hand) block and grip the wrist > apply bent-arm lever lock > kickback throw > drop right knee on opponent's ribs > snap arm > step out to fighting stance.

KIFUNGUA TAIRI / TYRE LEVER (attempted right punch to the face) swing to the left with right outward parry and grab > pull gripped arm as you chop the temple with left hand > head twist > left inward sweep to takedown > drop left knee to ground > break arm on thigh > step out fighting stance.

RUNGU YA UPANDE / HORIZONTAL CLUB: Lower your body and swing to the opponent blind zone so to evade > check the opponent hand with your palm as you move in to execute bear hug from behind > lift the opponent off the floor and take to floor chest first > pin and disarm > carry the weapon away.

BASIC COUNTERS FOR;

- Ball kick
- Outward crescent kick
- Inward crescent kick
- Side kick
- Roundhouse kick
- Hook/whip kick
- Back kick

MAPINDUZI JEHANAMU / HELL COUP: 10 minutes nonstop rapid fire combat with 5 seniors, 2 minutes with each.

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SYLLABUS FOR BROWN BELT LEVEL

KINGA MAFURIKO / DIKING THE FLOOD (right front punch, reverse punch, front punch) step the left foot back with a right inward check > as the opponent throws a reverse punch use a right outward check > the second front punch is deflected with a right inward check with a grab with left hand > front ball kick to the groin followed by knee break > break arm > take down > fighting stance.

MBIZI HEWANI / IMPOSED SKYDIVE (for front bear hug) 'snake' your right upwards towards the right hand side of opponent neck > push away at neck with your left hand aiding > double extended outward checks > quickly grip the right shoulder of the opponent with the left hand as the right 'snakes' in between the opponent legs and grab at rear > lift up and takedown head first > release and step out to fighting stance.

TANDAZA MKEKA / UNROLLING THE CARPET (grab of your front kick) drag in > grab the opponent arm for an backward arm lock > fly the free leg between the opponent legs for a takedown > choke neck with leg as you continue with the arm lock.

RUNGU YA JUU / OVERHEAD CLUB: Step your left foot towards 11 0clock with a right hand upward block > quickly grab the opponent arm as your left forearm strikes at elbow to disarm > wrist lock takedown > twist head and arm > fighting stance.

RUNGU YA NDANI / INWARD CLUB: Step your right foot towards 2 o'clock with a left outward parry then grab > right forearm strike to the temple and extend to a headlock > knee strike to chest > sweep to takedown > foot stomp to any worthy target > pick the club > fighting stance.

MDUNGO WA GONGO / STICK BUTT: Step your right foot towards 1 o'clock with an upward ridge hand to redirect the oncoming weapon > quickly grab with right hand as left poke the eyes > left low kick to available target > downward elbow strike to arms > disarm and release > fighting stance.

KISU CHA MBELE / FRONT KNIFE: Left grips the opponent's wrist with inward parry while stepping offline with right leg > turn the opponents wrist so that the weapon faces the aggressor > strike the wrist with your right open palm to disarm > right finger poke eyes > left side kick to body > pick dagger > fighting stance.

KISU CHA JUU / OVERHEAD KNIFE: Grab the wrist with left while gripping the elbow with right hand > twist the captured arm to takedown > step to crush the arm with right leg > pick the dagger and continue kicking to any available target > step out to fighting stance.

KISU CHA NDANI / INWARD KNIFE: Outward parry with a grip > strike to available targets as you disarm > step out to the fighting stance.

KISU CHA NJE / OUTWARD KNIFE: Left inward check with a grab > twist the harm to arm lock > disarm > strike to any available targets > step out to fighting stance.

SITISHA KILIMO / GARDENING TIMEOUT (for overhead machete attack) move in and use both hands grab to stall the weapon while controlling it off your body centerline > knee to solar plexus > stomp at toes > ball kick to groin > takedown while still holding arm > continue kicking as you disarm > step out to fighting stance.

CHENI 3 (THE PATTERN AND ANALYSIS)

NOTE: The best defense against a blade attack is evasion to a safer zone till you get a superior weapon..

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CHENI 3

"NJIA YA MWEWE"

(Step in left foot first then fungua pattern).

From the natural stance (right hand on left palm) step the right foot to 3 o'clock > right elbow strike to the rear and extend to a back knuckle > right back kick to rear > face forward > left upward elbow strike extend to a downward back fist > both hands clinch with left knee strike, extend to a ball kick > rear inward elbow strike extends to an outward hammer fist > both hands clinch with a right jumping knee strike, extend to a side kick > withdraw to a cross stance > cross out with left elbow strike to the rear and extend to a back knuckle > left back kick to rear > face forward > right upward elbow strike extend to a downward back fist > both hands clinch with right knee strike, extend to a ball kick > rear inward elbow strike extends to an outward hammer fist > both hands clinch with a left jumping knee strike, extend to a side kick > withdraw to a cross stance with a double upward blocks > cross out to a full horse stance with double downward blocks > double inward blocks > double outward blocks > turn to 3 o'clock > right and left slaps (back hand) > cross stance > cross out with right left right slaps > right grab with a front knee break > rear knee break > hidden knee break > spinning knee break > front low, high, roundhouse kick to hook kick > right spinning hook kick (half circle) > face 9 o'clock. Left and right slaps (back hand) > cross stance > cross out with left right left slaps > left grab with a front knee break > rear knee break > hidden knee break > spinning knee break > front low, high roundhouse kick to hook kick > left spinning hook kick (half circle) face 3 o'clock and run to aerial side kick back kick combo > face fall > turn up on the ground with a right ball kick to 12 o'clock > left roundhouse kick to 3 o'clock > right hook kick from 9 o'clock > closed guard > cross collar choke > back arm lock > guillotine choke > triangle choke > leg shoulder lock > back roll > side control > front arm lock > downward knee strike > double donkey kicks > inward sweep and spinning sweep > cartwheel/flip > front roll > side fall > samma tamati pattern.

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SYLLABUS FOR SHAHADA 1

- **VIP Protection**

1. Definition
2. Preparation
3. Execution
4. Conclusion

- **Security/Disaster Management**

1. Planning
2. Safety and health
3. Phases of execution
4. Government and private sector involvement

- **Thesis**

Choose a relevant topic, research well on it and submit a final written statement/ opinion to the examiner.

- **Cheni 4**

From ***mwanzo*** (starting movements) till ***sitisha kilimo*** in one flow.

This (not very easy pattern) allows the examiner to check the candidate mental and physical preparedness in respect to samma.

- **Creatives (Freestyle Techniques)**

Create, write, present and perform (with a partner) your own 5 self defense techniques that tackles varying assailant's troubles that are absent (not covered) in ***cheni 4***.

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SYLLABUS FOR SHAHADA 2

Bakora Fupi Mbili (Two Short Staffs)

Double in (same level and slants) strikes and defense

Double out (same level and slants) strikes and defense

In out simultaneous strikes and defense

Butting simultaneous strikes and defense

Multi combos and defenses

Bakora 5: (for attempted right then left up in stick strikes) left up out stick block as right disarm with up out strike > right up out block (for second attack) as left disarm with up out strike > double strike at ears > double strike at ribs > double strike at knees > jumping double downward pound at spine > retreat to a fighting stance.

Bakora 6: (for attempted right up out as left down in strike) step left foot back as you shield with left up in with right down out > left up out strike to the ear as right ball kick to lower body > double inward strike > double forward butt.

Bakora 7: (for attempted double down in sticks strike) double down out sticks block with simultaneous ball kick > double downward sticks strike > double inward sticks strikes > choke with sticks.

Bakora 8: (one stick defense against a charging two sticks armed opponent) step the left foot to 6 o'clock as right side kick to opponent knee and stick butt the upper body > up out stick strike as right forward sweep > left spinning sweep as stick strike hamstring > cross stance with downward strike at knees > stick pounds > retreat to fighting stance.

NOTE: *Also attempt the above FOUR techniques by interchanging left with right respectively. Find out other kinds of attacks that can be defended by above techniques (or by their slight modifications).*

Bakora Ndefu (Long Staff)

Strikes and defense

Bakora Ndefu na Fupi (Long and Short Staff)

Strikes and defense

Other related Weapons (Whip, Chain, Chained Rod(s) etc)

Strikes and defense

Cheni 5 (Mwanzo till Bakora 8 in one flow)

Preparation and Performance (positioning, energy saving, flow and pauses).

Creatives (Freestyle Techniques)

KIPIGO 2

"The Thundery Stave"

INTRODUCTION:

This pattern is part of **Bakora Ndefu** topic in WSF **Shahada** 2 Syllabus. It opens one's mind towards various usage of a Long Staff in the offensive, defensive and aesthetic aspects. Also, the Pattern is graceful to the audience especially when performed in synchronicity.

From the starting position (stick at rear and in parallel with the spine).

Samma Chonjo salute

Three upward circular stick strikes (each with a forward step through)

Three downward circular stick strikes (each with a retreating step through)

Left side three vertical stick rotations

Right side three vertical stick rotations

Horizontal walk over stick rotation

Stall the stick at the shoulders then full circle spin jump

Toss and grab stick horizontally forward, left cross over with a stick butt, right cross over with a stick butt

Three leftward stick strikes (each with a forward step through)

Three rightward stick strikes (each with a retreating step through)

Jump spin (half circle) downward strike to the ground ending with a chura (frog) stance

Slide (at chura stance) to left and pound then to the right and pound

Roll to chest up position

In and out stick shields

Elevated stick butt

Rotate the stick thrice at the belly

Rise to one knee on the ground, one hand overhead stick whipping, jump to the natural stance, rotate stick thrice at the back

Moran stance (stick on one side) then three ascending simultaneous strikes (hand and foot)

Bow out.

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SYLLABUS FOR SHAHADA 3

- **Dagger versus Dagger Techniques**

NOTE: When dealing with attacks of sharp steel objects always remember the WSF Brown Belt Syllabus bottom-line advice.

Sime 1: (for attempted lower body stab) step your right foot to 8 o'clock as you deflect the dagger with right down out of your dagger (your left hand inward check and grab the opponent forearm) > disarm > finishing moves.

Sime 2: (for attempted inward cut) step your left foot to 5 o'clock as you shield the attack with right up in dagger > upward slice at opponent armed wrist as right foot scoop at groin area > finishing moves.

Sime 3: (for attempted outward cut) step your right foot to 8 o'clock with backward drag > shield with right up out dagger as your left inward check and grab opponent forearm > disarm and subdue.

Sime 4: (for attempted upper body downward stab) drag backward as you step your left foot to 6 o'clock while simultaneously executing inward horizontal dagger check with ball kick to the lower body > disarming and finishing moves.

Sime 5: (for attempted dagger attack from full mount) left inward deflection as you destabilize with waist uplift (as your right arm aid in upper body clockwise twist) > escape from the mount > disarming and finishing moves.

Sime 6: (for attempted back stab) jump forward and turn to face the opponent > apply the most suitable **sime** technique (above).

- **Double Daggers**

Double in (same level and slants) cuts and defense

Double out (same level and slants) cuts and defense

In out simultaneous cuts and defense

Simultaneous stabs and defense

Multi combos and defenses

- **Sword and Fencing**

Attacks and defense

- **Other related Weapons (Arrow, Spear etc)**

Attacks and defense

- **Cheni 6 (Mwanzo till Sime 6 in one flow)**

Preparation

Performance (positioning, energy saving, flow and pauses)

- **Creatives (Freestyle Techniques)**

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SYLLABUS FOR SHAHADA 4

- **History of samma**

15th March 2011 (in Mombasa City Centre): Formation of the Society of African Mixed Martial Arts and use of SAMMA as it's acronym (acronym inspired by east african street slang word for a flip, "sama"). Then making of cheni 6 curriculum began with "designing" of the tamati (sign out) pattern.

1st August 2013 (in Mombasa North Coast): Transformation of SAMMA to a martial art after the completion of the main contents of cheni 6 curriculum. Immediate formation of the World Samma Federation (WSF) to unify and voice for wasamma (samma exponents) worldwide.

March 2021: Introduction of samma pigano (sparring) method at Kenya Coast, that is; THREE ranges of man to man combat (stick, elbow, punch, knee, kick and finally grappling).

NOTE: The above are just milestones of a wider and deeper history of samma.

- **Diet**
- **Survival in a harsh Environment**
- **First Aid and Home remedies**
- **Cheni 6**
- **Creatives**

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SYLLABUS FOR SHAHADA 5 to 9

- Notable (and documented) services to the WSF and mankind
- Cheni 6 Pattern
- Creatives ('formulas' to some troubles not covered in the curriculum)

HONOURS

Though **WSF** offers no **honorary shahadas**, nevertheless, we have great ways of recognizing and appreciating our remarkable supporters and some people of major and consistent humanitarian acts.

For instance:

1. Cards/certificates/badges/medals of appreciation
2. Names on walls of academies/offices
3. Murals in the compound
4. Naming the Internal streets in WSF compounds
5. Statues
6. Other ways approved by WSF Kamati.

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Cheni 6

FUNGUA PATTERN
CHENI 3
KISASI CHA PAKA (REVENGING CAT)
TUZO LA MDUNGA (A GIFT FOR A POKER)
KONDE LA VURUGU (DISRUPTING MACE)
NYUNDO CHELEWA (DELAYED HAMMER)
UPANGA GIZA (INVISIBLE SWORD)
PANGUZA TAA (WIPING THE BULB)
ZIMA TAA (SWITCHING OFF THE LIGHTS)
BAWA ZA KIFO (WINGS OF DEATH)
ANGUSHA FARASI (DOWNING THE HORSE)
KAIDA YA KUDONA (PECKING ORDER)
ONDOA KIGARI (EXIT THE TROLLEY)
BAKORA 1
BAKORA 2
BAKORA 3
BAKORA 4
ZAWADI YA MNYONGA (A PRESENT FOR CHOKER)
VUNJA JELA (JAILBREAK)
PASUA MIFEREJI (RIPPING THE PIPING)
KOMESHA FARASI MWITU (TAMING THE WILD HORSE)
SALUTI YA GHAFLA (SUDDEN SALUTE)
TENGANISHA MATAWI (PARTING THE TWIGS)
FENI HATARI (FATAL FANS)
SAGA NYENJE (CRUSHING THE CRICKET)
NGAO KWA SOKWE KICHAA (SHIELDS FOR A MAD CHIMP)
LIPUKO KUU (BIG BANG THEORY)
SALIMU AMRI HATARI (DEADLY SURRENDER)
MVUNA MIWA (SUGAR CANE HARVESTER)
TABU TATU (TRIPLE TROUBLE)
MALANGO YA CHUMA (GATES OF STEEL)
UFUNGUO WA MBELE (FRONT UNLOCK CODE)
UFUNGUO WA NYUMA (BACK UNLOCK CODE)
FUNGA MVAMIZI (JAILING THE INTRUDER)
KOMESHA MVAMIZI (TAMING THE INTRUDER)
SAGA TAWI (CRUSHING THE TWIG)
LALISHA BEBERU (RESTING A RAM)
KIFUNGUA TAIRI (TYRE LEVER)
RUNGU YA UPANDE (HORIZONTAL CLUB)
KINGA MAFURIKO (DIKING THE FLOOD)
MBIZI HEWANI (IMPOSED SKYDIVE)
TANDAZA MKEKA (UNROLLING THE CARPET)
RUNGU YA JUU (OVERHEAD CLUB)
RUNGU YA NDANI (INWARD CLUB)
MDUNGO WA GONGO (STICK BUTT)
KISU CHA MBELE (FRONT KNIFE)
KISU CHA JUU (OVERHEAD KNIFE)
KISU CHA NDANI (INWARD KNIFE)
KISU CHA NJE (OUTWARD KNIFE)
SITISHA KILIMO (GARDENING TIMEOUT)
BAKORA 5
BAKORA 6
BAKORA 7
BAKORA 8
SIME 1
SIME 2
SIME 3
SIME 4
SIME 5
SIME 6

Samma Tamati pattern

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sanaa ya kivita

"lilofungwa cheni halikwami topeni"
~Mtunzi wa Samma